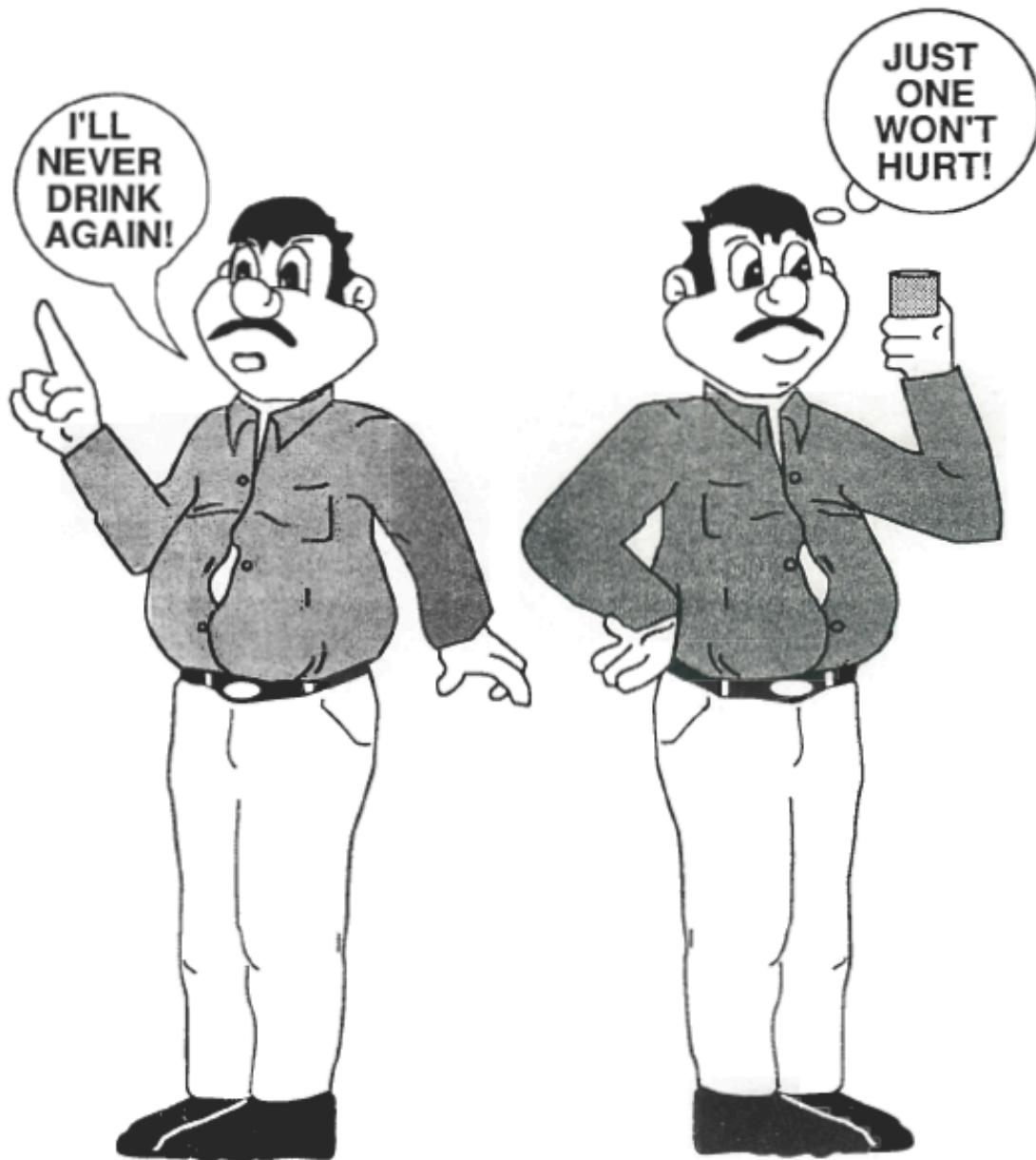




## THE BUD SYNDROME

BUILDING UP TO DRINK OR DRUG





## THE "B. U. D." SYNDROME

### *"BUILD UP TO DRINK OR DRUG"*

#### INTRODUCTION

On our road to recovery, our sobriety and our spiritual growth will have its ups and downs. Some days will be very rewarding, while others will have temptations and struggles. Everyone has a bad day. A bump in life may throw us for a while. These are ups and downs everyone experiences. They should not be labeled as anything more than what they truly are.

In order to maintain our sobriety in the midst of these challenges, we need a clear understanding of the BUD Syndrome. Understanding the BUD Syndrome is vitally important for us if we are to continue our recovery from chemical addiction.

#### WHAT IS A BUD?

The BUD is a condition far more serious than the highs and lows of our day to day existence. It is a period of time in which a recovering person experiences a growing and sometimes overwhelming desire to use chemicals. The BUD syndrome, does not start with our first drink or use of drugs. It has preceded our use of chemicals by days or even weeks.



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**THE BUD SYNDROME DOES NOT START WITH OUR FIRST USE OF ALCOHOL OR DRUGS. IT HAS PRECEDED OUR USE OF CHEMICALS BY DAYS OR EVEN WEEKS**

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The term BUILD UP indicates we have been setting ourselves up for the use of chemicals through certain attitudes, emotional tensions and behavioral patterns long before we consumed any chemical.

The Build Up to Drink or Drug Syndrome is also referred to as a **dry-drunk** or a relapse, and is something all recovering addicts and alcoholics will experience. As we define the words dry-drunk, we get a very clear picture of this process. The phrase "dry-drunk" has two significant words for us:

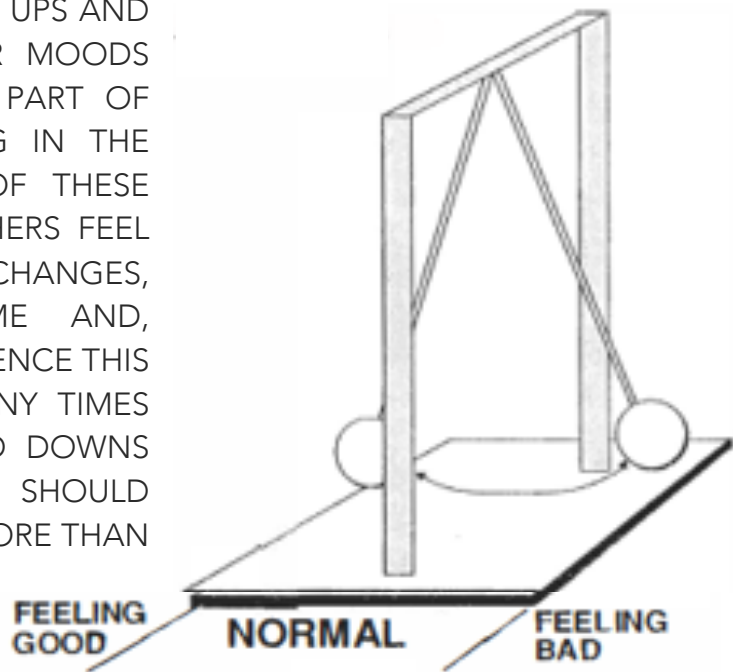
**DRY** - meaning total abstinence from chemicals, and

**DRUNK** - which means a pathological condition resulting from the use of chemicals in the past.



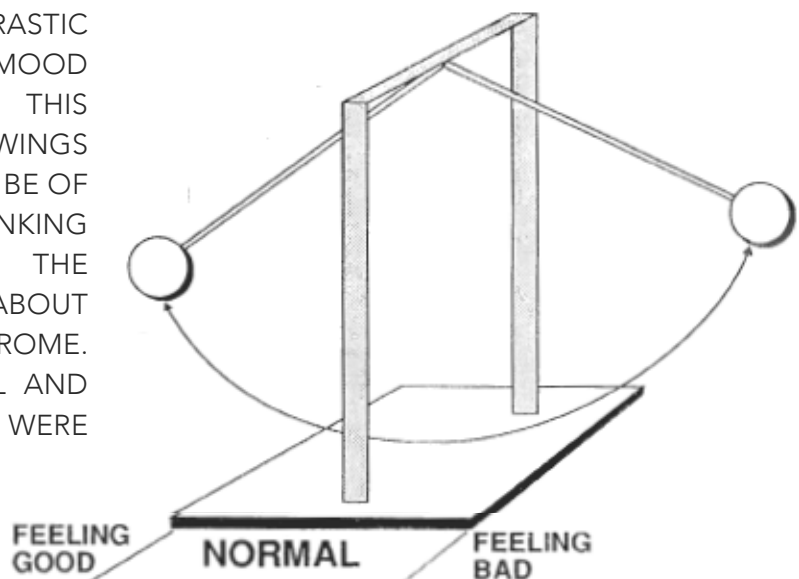
## **MOOD SWINGS ON A NORMAL DAY**

ON ANY GIVEN DAY, WE ALL HAVE UPS AND DOWNS. SOME SWINGS IN OUR MOODS AND FEELINGS ARE A NORMAL PART OF LIFE. AS THE PENDULUM SWING IN THE DIAGRAM ILLUSTRATES, SOME OF THESE CHANGES FEEL GOOD, AND OTHERS FEEL BAD. THESE NORMAL DAILY CHANGES, HOWEVER, ARE NOT EXTREME AND, OVERALL, ARE LIMITED. WE EXPERIENCE THIS KIND OF PENDULUM SWING MANY TIMES EACH DAY. THESE ARE UPS AND DOWNS EVERYONE EXPERIENCES. THEY SHOULD NOT BE LABELED AS ANYTHING MORE THAN WHAT THEY TRULY ARE.



## **MOOD SWINGS ON A BUD**

ON A BUD, OUR OLD PATTERN OF THINKING BRINGS ABOUT DRASTIC EMOTIONAL CHANGES AND MOOD SWINGS. AS THE PENDULUM IN THIS DIAGRAM ILLUSTRATES, MOOD SWINGS ON A BUD ARE EXTREME AND CAN BE OF GREAT INTENSITY. OUR "STINKING THINKING," COUPLED WITH THE EMOTIONAL SWINGS, BRINGS ABOUT THE DRY-DRUNK, OR BUD SYNDROME. WE BEGIN TO THINK, TALK; FEEL AND BEHAVE JUST AS WE DID WHEN WE WERE DRINKING AND DRUGGING.





THE TERM "STINKING THINKING" IS USED TO DESCRIBE THE OLD THOUGHT PATTERNS FROM OUR ADDICTION DAYS. THIS SAME "STINKING THINKING" WHICH DOMINATED OUR LIFE DURING OUR ACTIVE ADDICTION BEGINS TO MANIFEST ITSELF AGAIN DURING OUR SOBRIETY.

The term dry-drunk suggests intoxication without the use of chemicals. It simply means that while on a dry-drunk, or a BUD, we are thinking and behaving just as we did when we were using chemicals. The word **intoxication** comes from the Greek word meaning **poison**. So, a dry-drunk implies a state of mind and a mode of behavior poisonous to the recovering persons' well-being.



Once our feelings, attitudes and emotions start building, and we are thinking and acting like we did while using chemicals, it is often only a matter of time before we actually drink and drug. On a BUD, our dry-drunk often becomes a "wet drunk."

The BUD Syndrome begins with our thought process. It affects our attitudes, our ability to reason logically, and our perception of reality. The term "**stinking thinking**" is used to describe the old thought patterns from our addiction days. This same "stinking thinking" which dominated our life during our active addiction begins to manifest itself again during our sobriety.

This old pattern of thinking brings about emotional changes. Certain emotions swell up in us because of this contaminated thought process. This "stinking thinking," coupled with the emotional swings, brings about the dry-drunk, or BUD Syndrome. We begin to think, talk, feel and behave just as we did when we were drinking and drugging.

Once the BUD syndrome begins to run its course, the addict is usually unable to recognize what is happening within him. Everyone around him can see all the symptoms very clearly. His mental attitude, his emotional stability, and even his behavior patterns, are beginning to revert back to the way they were during his active



addiction. The addict himself is completely oblivious to the reality of his dry-drunken state. When confronted by his loved ones about these drastic changes taking place in him, he will usually deny them and make the statement, "I'm never going to drink or drug again as long as I live."

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**ONCE THE BUD SYNDROME BEGINS TO RUN ITS COURSE, THE ADDICT IS USUALLY UNABLE TO RECOGNIZE WHAT IS HAPPENING WITHIN HIM. HE IS COMPLETELY OBLIVIOUS TO THE REALITY OF HIS DRY- DRUNKEN STATE.**

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The BUD phenomenon is very difficult to understand and hard to accept by some. In our experience in this treatment center, we have seen this syndrome affect hundreds of men. We have also noted, without exception, men who allow the BUD syndrome to run its full course always return to the use of chemicals. The BUD is a very dangerous time every addict must learn to overcome if sobriety is to continue.

## **TIME FACTORS IN THE BUD SYNDROME**

From our experience in working with drug addicts and alcoholics, we have come to understand there are certain time periods in our sobriety in which we are most susceptible to the BUD syndrome.

We also know that each one of us will have approximately four major BUD's to work through. The following pattern shows these four major BUD's, and the time intervals in which they are most likely to occur:

**4 TO 6 WEEKS** - The first major BUD we usually experience comes 4 to 6 weeks after attaining sobriety. This first BUD is usually the hardest one to overcome because of our short span of sobriety and our lack of spiritual growth. We still have not learned how to deal with the **mental contamination**, or with the emotional swings going on inside us. Our relationship with God is in its infant stage and, unfortunately, at this point, we are still leaning on our own understanding. We are still very heavily influenced by the old thought process and by our old feelings, which have controlled our lives for years.

**4 TO 6 MONTHS** - Our second major BUD usually occurs around four to six months of sobriety time. This BUD is very dangerous because of our extended sobriety. Most of us have not experienced this long a period of sobriety in years. We must be extremely careful not to think we have "arrived," and quit practicing the daily disciplines and the spiritual principles which have enabled us to maintain our sobriety and to grow in our relationship with God.



## THE BUD TIMETABLE

BUD#	BUD TIME INTERVAL	OBSTACLES
1	4 TO 6 WEEKS	SHORT PERIOD OF SOBRIETY
2	4 TO 6 MONTHS	'ARRIVED" ATTITUDE
3	11 TO 13 MONTHS	OVER-CONFIDENCE
4	20 TO 22 MONTHS	LACK OF SPIRITUAL COMMITTMENT

**11 TO 13 MONTHS** - The third major BUD usually comes around one year of sobriety. There are many of us who perceive that being sober and drug-free for one full year means we are cured from our chemical addiction. This is when we may try to reward ourselves for our achievement. We deceive ourselves into thinking that because we have been clean and sober for so long, we can now "control" our chemical use. We must be careful not to become so over-confident that we forget where we came from, and how we attained 11 - 13 months of sobriety. At this point in our recovery program, we tend to put God on the shelf, telling Him that when we need Him again, we'll call Him.

**20 TO 22 MONTHS** - Our fourth major BUD occurs anywhere from 20 to 22 months after sobriety and can be minimized because of our long period of sobriety. Hopefully, by this time in our sobriety and spiritual growth, we will be able to recognize it in its early stages and be mature enough to know how to overcome it. The reason a dry-drunk, after twenty months of sobriety, could turn into a wet drunk is **lack of spiritual commitment**. We may tend to think more highly of ourselves than we ought to, and forget the basic biblical principles we need to practice daily.



## UNDERSTANDING THE BUD SYNDROME

Our problem with chemical addiction has become a lifestyle problem. We have spent so much time under the influence of alcohol and drugs that we have actually "missed life." We have been living in a chemically induced world of our own for so long that reality has become a foreign experience to us.

We, as alcoholics and drug addicts, are a lot like the storybook character, Rip Van Winkle. He slept for twenty years, woke up, and didn't know what was going on around him. We, too, have missed many years of life and, like Rip, when we wake up (sober up), we find ourselves in a different world.



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**WE, AS ALCOHOLICS AND DRUG ADDICTS, ARE A LOT LIKE THE STORYBOOK CHARACTER, RIP VAN WINKLE. HE SLEPT FOR TWENTY YEARS, WOKE UP, AND DIDN'T KNOW WHAT WAS GOING ON AROUND HIM.**

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This new world we wake up to is called reality - the real world. Here we have relationships with God, ourselves, and loved ones. We have responsibilities. We have commitments and obligations. We have problems and we have blessings. This is where God intended for us to live, because this is where He lives.

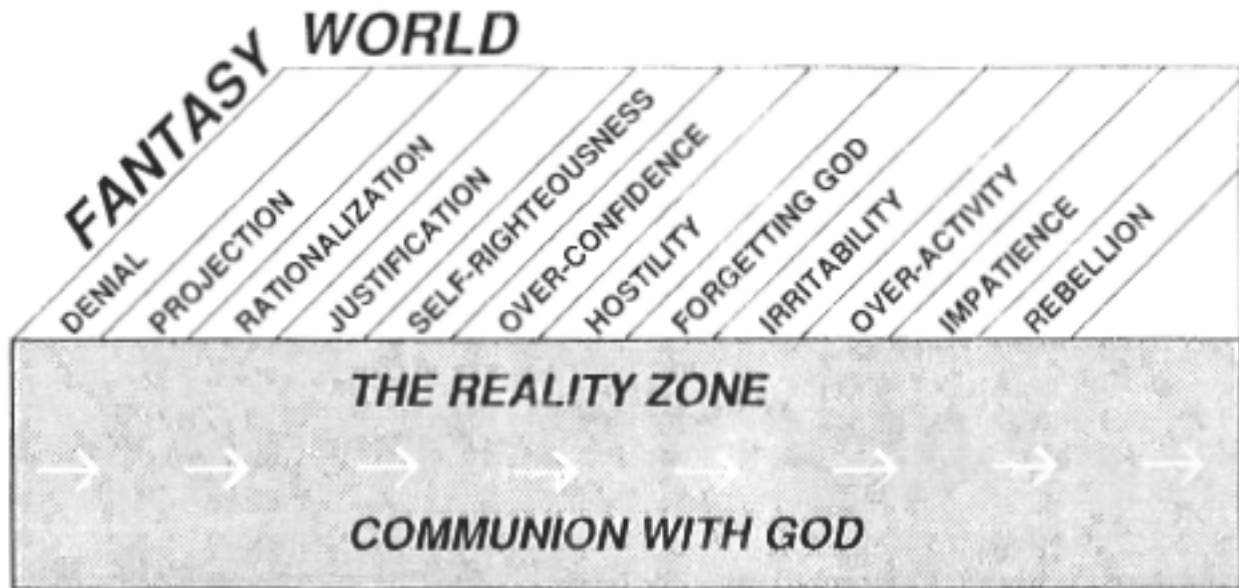
God is not present in chemically induced dreams and fantasies. He is a real God, who created the real world, who wants to have fellowship and communion with us - in reality! When we go on a BUD we leave reality. We leave reality mentally and emotionally.

There are two different directions a man's thought process can take him. We call these two directions "BUD-UP" and "BUD-DOWN." Let's explore each of these BUD's in more detail.





## "BUD-UP" - THE FANTASY WORLD



One direction an addict can BUD is up, into "Fantasy World." He can begin to deceive himself about his chemical addiction, thinking he has it under control, he is cured, and he is ready to "go walk it out." He perceives himself healed from his addiction. Although he is only a few weeks old in the Lord, he believes himself to be spiritually mature.

This fantasy world mentality is the more common of the two BUD's we see. Most recovering addicts "BUD-UP" into this fantasy realm which says, "I have it all together." This may be because they have experienced such positive changes in their lives since attaining sobriety and being born-again spiritually. These positive changes in the spiritual, physical, mental, emotional and relational aspects of our lives are very real. The problem is when we believe we are ready to get on with running our own lives again because things are better with us.

Recovery from chemical addiction and spiritual growth are both a process. When we taste a portion of success in these areas, we tend to declare complete victory. This type of fantasy thinking bears out the old saying, "Addicts just cannot stand prosperity."





## CHARACTERISTICS OF THE FANTASY WORLD BUD

Following is a detailed listing of mindsets and attitudes which dominate the person in a "BUD-UP." The boxes are provided as a checklist to help us determine which type of BUD we tend to take on.

- ☐ **DENIAL** - The oppression of reality. Denial, the main characteristic of chemical addiction, blinds us to our own problems. Denial also allows us to harbor the mistaken idea that our previous life was not all that bad. We tend to forget where we came from.
- ☐ **PROJECTION** - A defense mechanism which excuses our wrong behavior by accusing others of being the source of the problem. This gives a sense of not being at fault, and of having control over our chemical addiction, or over our own lives.
- ☐ **RATIONALIZATION** - The process by which we explain away all our chemical addiction problems by inventing excuses for them. We have become masters at logically explaining our bizarre behavior by minimizing it.
- ☐ **JUSTIFICATION** - A mixture of projection and rationalization. We see other people, places and things as our problem, and this explains and excuses the things we did. It justifies our actions of the past. We consider ourselves "poor victims" of other people.
- ☐ **SELF-RIGHTEOUSNESS** - We excuse ourselves of any wrong behavior or attitudes while condemning others for the very same thing. We quit taking inventory of ourselves and start taking every one else's. We become very arrogant, cocky, and critical of everyone else, but we are always "right."
- ☐ **OVER-CONFIDENCE** - We all, as addicts, tend to think we have everything under control. Sometimes sobriety adds to our arrogance and cockiness. We begin to think we have "arrived." This over- confident attitude sets us up to fall.
- ☐ **HOSTILITY** - All chemically addicted people have a severe problem with anger. We feel angry at what people think of us, at the way we're treated, thinking everyone is against us, ... family, church, and friends. We also are very angry toward God and ourselves. This anger seethes in us and shows up in our hostile words and actions.
- ☐ **FORGETTING GOD** - As we experience sobriety and serenity in our lives, we tend to forget where we came from, and how much we messed up our lives. We have a tendency, when things are going good, to put God on the shelf and take over ourselves. We become our own god once again.



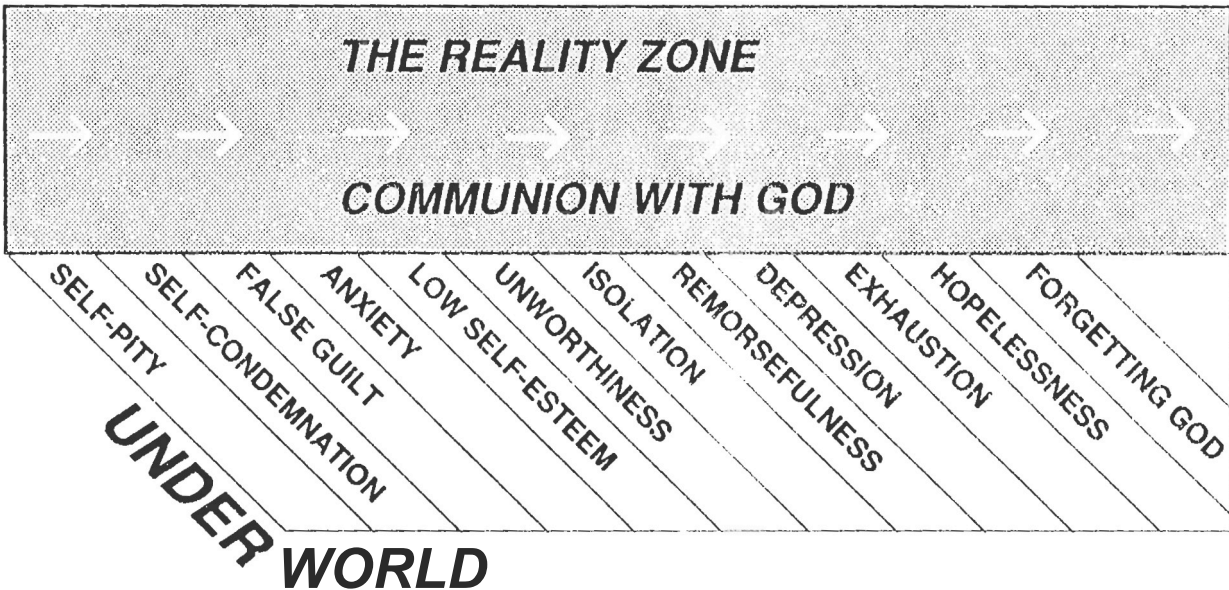
- ❑ **IRRITABILITY** - Constant complaints and judgments about others. Nothing ever seems to be right with us. We are always finding fault with everyone and everything. We have no peace or serenity and we are very ungrateful.
- ❑ **OVER-ACTIVITY** - In this situation, we wind ourselves up into a condition of constant activity. We must be doing something at all times. We find it difficult to sit during class, Church service, and Bible study. We walk from one place to another in a purposeless pursuit of motion. We tend to switch addictions, from chemicals to work, with a compulsion to stay busy.
- ❑ **IMPATIENCE** - We have a restlessness and an eager desire to get on with our lives. Things are just not happening fast enough. Others are not doing what they should do or what we want them to do. Impatience is one of the major stumbling blocks in our recovery. "I want to be perfect, and I want to be perfect now!"
- ❑ **REBELLION** - The resistance to authority in our lives. We want to run our own lives. We have gotten sober and we know what we need to do. We don't need or want other people speaking into our lives. We are going to do what we want to do, regardless of what God says and what other people say.

## "BUD-DOWN" - THE UNDERWORLD

The other aspect of the BUD syndrome is called the UNDERWORLD. The underworld BUD has just the opposite attitudes and emotions than the fantasy world BUD does.

The underworld aspect of the BUD is gloom, doom and hopelessness. The person who "BUD's DOWN" into the underworld is also very much out of reality. He thinks that life is not worth living, his addiction has ruined any chances for peace and happiness, and life is pretty much useless.

In the underworld BUD, we see life totally opposite from the fantasy world BUD. While the one who "BUD's UP" into fantasy sees himself as cured, fixed and ready to go tackle the world, the one who "BUD's DOWN" into the underworld sees little or no hope in life. We are totally consumed by guilt, shame, condemnation and hopelessness. We see ourselves as beyond help. In our estimation, life will never be any different. The unbearable helplessness we feel in the underworld is so dreadful that we often see suicide as an escape.



## CHARACTERISTICS OF THE UNDERWORLD BUD

Following is a listing of mindsets and attitudes which dominate the person in a "BUD-DOWN." The boxes are again provided as a checklist to help us determine which type of BUD we tend to take on.

- ☐ **SELF-PITY** - Feeling sorry for oneself. "Why must I be an alcoholic/addict?" The "PLOM's": "Poor little Old Me." Feeling that nobody appreciates us.
- ☐ **SELF-CONDEMNATION** - Declaring ourselves unfit or unworthy of God's grace, always beating ourselves up for our past actions. People who suffer from self-condemnation are not in love with themselves; they are "in hate" with themselves.
- ☐ **FALSE GUILT** - Believing the devil's lie, that our sins are just too much for God to forgive. Because we believe this lie our past continues to haunt us.
- ☐ **ANXIETY** - Always fearing the future, playing the "what if" game, or never letting go of the past and playing the "if only" game. Also, a real apprehension and doubt about what is happening in the present.
- ☐ **LOW SELF-ESTEEM** - Having very low respect for ourselves. Placing a very low value on ourselves, believing that we are "no good," and of a "lower class" than others.
- ☐ **UNWORTHINESS** - Feeling as though we are undeserving or dishonorable. We feel we have been so bad and have done so many things wrong that we deserve nothing except to drink or drug ourselves to death.

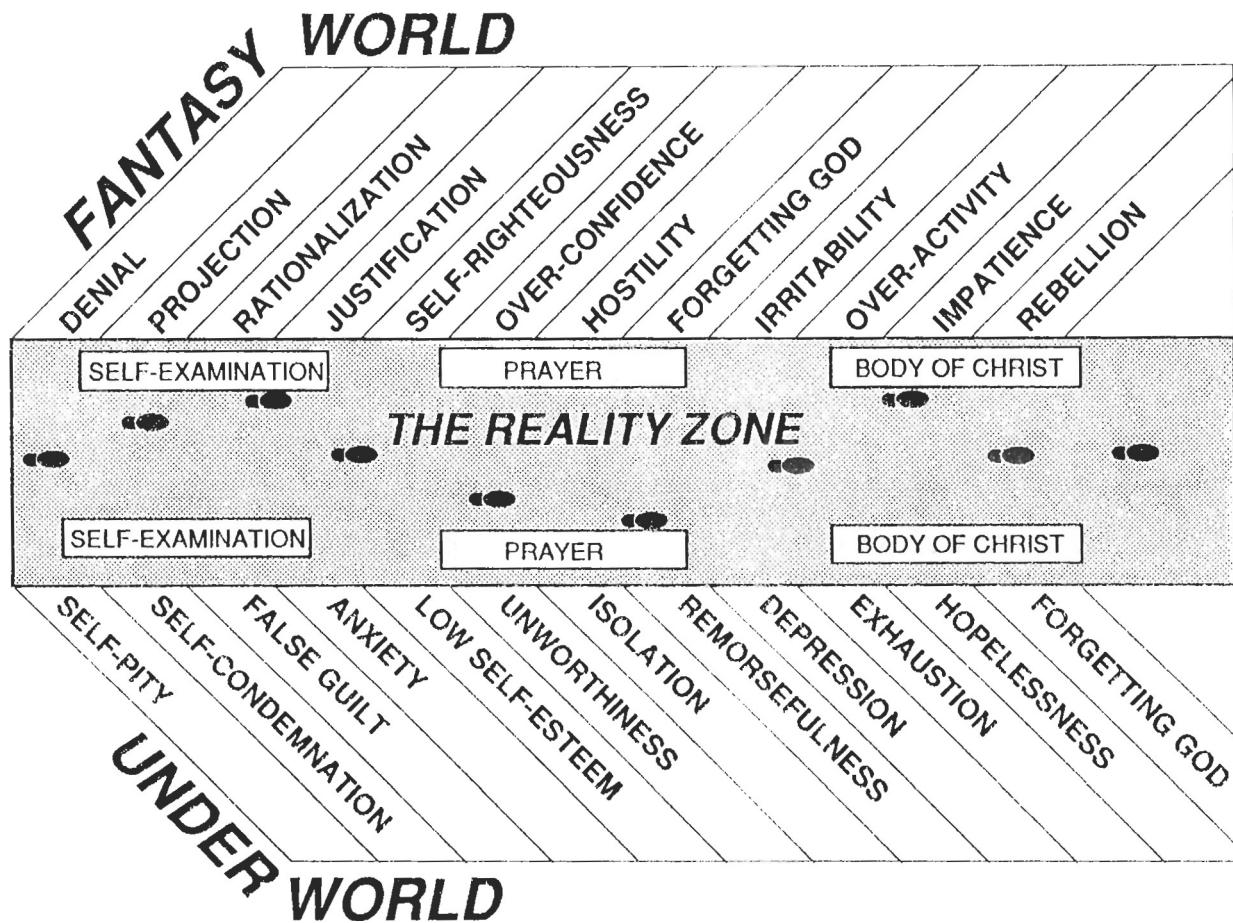


- ❑ **ISOLATION** - Because of our belief of being a failure, we find reasons to spend more time alone. We do not let people get close to us so we will not have to talk about our problems. When we isolate, we are also able to do a lot of daydreaming and fantasizing, thus escaping from reality.
- ❑ **REMORSEFULNESS** - Feeling disappointed about ourselves and our lives. Revealing an endless series of misdeeds and failures, we recount all the incidents in our mistreatment of our families, of our friends, and of ourselves. We dwell on the negative aspects of the past, and the poor possibilities of the future.
- ❑ **DEPRESSION** - We begin to feel down, blue, listless and empty. Oversleeping becomes very common. We may feel that life is too tough and we just want to get away from it. There may be thoughts of suicide or drug use as a way to end the depression.
- ❑ **EXHAUSTION** - Extreme fatigue which is actually more emotional than physical. We may manifest some symptoms of tension, and complain of pains and aches in all parts of our body. We try to avoid all work or social activities, because we are "too tired" for anything or anybody. Sleep is all we want. This is a means of escape for us.
- ❑ **HOPELESSNESS** - Things seem so bad that we might as well drink or drug because they could not get worse. Life seems to be unmanageable since we stopped using. We become completely overwhelmed and believe the only way out is chemicals, suicide, or insanity.
- ❑ **FORGETTING GOD** - We begin to get away from the spiritual disciplines so vitally important to us. We quit reading God's Word, quit attending Overcomers groups and Church services. Our prayer life suffers greatly. We begin to get caught up with everything wrong in our lives, and we leave God out completely. Our quiet time with God is usually the first thing we begin to neglect.



## OVERCOMING THE BUD

Having identified the characteristics of a BUD, the next most important question is, "How do I resist and overcome the BUD, so I won't let it take me back into my active addiction?" There is a way! There are three main ways in which God has provided a system for "safekeeping" us through a BUD. They are:



**1. SELF-EXAMINATION.** By examining ourselves, we can keep up to date on the beginning of the build up of attitudes which develop into a BUD. If this is done daily, and learned to be done as "second nature" throughout the course of each day, we will be able to surrender each negative attitude quickly to the Lord. We use the **DMI** as a guide to make ourselves aware of our most common attitude problems. Used properly, this tool will help us to be responsible to the Lord for our own attitudes and thoughts. In turn, this will help us stay in close communion with Him and release His Holy Spirit into the weaknesses of our flesh.





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**BECAUSE OF OUR STRONG TENDENCY TO DENY AND PROJECT, WE NEED TO PAY SPECIAL, CLOSE ATTENTION TO THESE ATTITUDES, ADMITTING THEM BEFORE WE "FEEL LIKE" ADMITTING THEM.**

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It is the nature of our flesh to deny our problems and project the blame for our problems onto others. This habit pattern becomes especially strong in the midst of addiction. Because of our strong tendency to deny and project, we need to

pay special, close attention to these attitudes, admitting them before we "feel like" admitting them.

Self-righteousness and its reverse, self-condemnation, are our second highest tendencies that will lead us into a BUD. These attitudes are cover-ups for our low self-value problems. They are closely linked to our deep-rooted fear of rejection, fear of failure, pride and bitter-root judgments. These problems are deep in our subconscious minds. They need to be dealt with by the Lord, as He renews our minds.

As we continue to examine ourselves, it is very important to properly deal with what we find. This brings us to the next point:

**2. PRAYER.** Prayer is communicating with God. This communication can take many forms. Some examples of prayer are:

- the simple cry for help when we are at the bottom.
- telling God what we think and feel - either silently or aloud - and asking for His input.
- listening for His still, small voice within us. writing out our requests and His responses.
- reading His letters to us (the Bible) with a listening "spiritual ear," and
- praise and worship.

We can't expect to have our negative attitudes or our deep rooted beliefs renewed without the help of our Creator and Lord. He does for us what we cannot do for ourselves, if we allow Him. Yet, the last thing we want to do when we are on a BUD is to pray!



Prayer is the process of allowing God to renew our minds. Prayer is continuing in personal relationship with God, rather than just trying to go through the outward motions of religiously performing what we think everyone expects of us.

Consider the event of a wedding. When a man and a woman exchange their wedding vows, they are married. However, if one of the two does not carry on a marriage relationship, but either of them moves on with life as though he or she was still single, that marriage would not last! It wouldn't be too long before that couple was divorced.



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**PRAYER IS CONTINUING IN PERSONAL RELATIONSHIP WITH GOD, RATHER THAN JUST TRYING TO GO THROUGH THE OUTWARD MOTIONS OF RELIGIOUSLY PERFORMING WHAT WE THINK EVERYONE EXPECTS OF US.**

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Maintaining a good relationship with God takes similar commitment. Our relationship with God is not based on the fact that we experienced God one day when we prayed. It is ongoing communication and sharing of lives that makes for good relationship with God.

When we neglect prayer, we set ourselves up to stumble. This is because we cannot have inner righteousness, peace and joy without an inner relationship with God. Jesus said, **"I am the vine, you are the branches. He who abides In Me, and I in him, bears much fruit; for without Me you can do nothing."** (John 15:5). With an inner relationship with God through prayer, we **"can do all things through Christ who strengthens"** us (Phil 4:13).

**3. RELATIONSHIPS WITH THE BODY OF CHRIST.** The Lord provided a family for us when we were born again. That family is an eternal family, one of which He is the head. He can speak to us through any member of His family. We call this family the Body of Christ.

When we are properly related to God - with humility - we will relate to the Body of Christ properly. We will make ourselves accountable to more than one person who is well equipped to see when we are beginning to BUD and will know how to handle it properly. We can provide the Body of Christ with information on exactly how we have





tended to BUD in the past, so they can easily recognize it when it begins to happen again. We can ask them to point it out to us as soon as they notice it. It is very important that we are open and honest with the Body. The Body of Christ is a wonderful gift from them. They will be able to think for us at times when we cannot think for ourselves.

*\*Speed is important in overcoming a BUD. The longer a BUD has a chance to build, the harder it is to break. A BUD should be confronted as soon as possible.*

In the residential program, the Body of Christ includes others in the program, as well as those over us. Those who can be especially significant in helping us to break a BUD are those in our daily small group, as well as our roommate. They will know us better than we would like them to at times like this.

As we prepare to leave the program, those whom we are going to be involved with daily are our new Body of Christ. For example, others in the half-way house, support group, and our own family. Even though our loved ones will try to work their own program, they are still the ones who know us better than anyone else. We should waste



no time in providing them with the information we have learned about our BUD patterns. They will be able to spot the beginning of our BUD, especially since they are often not as willing to trust our "new life" as we are! We are wise to listen to their honest evaluations, especially when it goes against every ounce of pride within our flesh!

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**A "LONE RANGER" MENTALITY IS VERY DANGEROUS, BECAUSE IT ISOLATES US FROM THE PEOPLE THAT KNOW US THE BEST. WHEN WE PULL AWAY FROM THE BODY, WE STAND LITTLE CHANCE OF OVERCOMING A BUD BY OURSELVES.**

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The Body of Christ can help us if we will let them help us. The final responsibility to break a BUD lies with the person who is on the BUD. God is a gentleman, not a taskmaster, and will not demand that we do His will. He will, however, go to great lengths to reveal His will to us. If we look with the eyes of our new spirit-man, not merely with the eyes of our flesh, He will show us His will with such love that we will find it difficult to turn down.



## THE HOLY SPIRIT'S WORK

It is the Holy Spirit who has given us inventory, prayer and the Body of Christ. It is the Holy Spirit who is using these things to minister to us in the midst of our recovery program, and for the rest of our lives.

The Lord has given us His Holy Spirit to live inside of us. The indwelling Holy Spirit, the Bible says, is a **"guarantee of our inheritance"** until our redemption when He returns (Eph 1:13,14). Man did not have the benefit of the indwelling Holy Spirit until Jesus died, rose again and went back to the Father. He sent the Holy Spirit to do in us and through us what we - as human beings - could never do on our own. The Holy Spirit is always at work in us to perfect us for the works God has planned for us since the foundation of the world (Eph 2:10). Because of the Holy Spirit, we can overcome a BUD. It is the Holy Spirit who leads us into the accountability provided by relationships in the Body of Christ, to communicate and cooperate with the Lord in prayer, and to examine ourselves.

In using these safeguards, there are three ways in which the Holy Spirit works to help us out of a BUD:

**1. EXPOSE.** The Holy Spirit cannot do much in us if we do not recognize we have a problem we need to surrender to Him. Therefore, a part of the work of the Holy Spirit is to expose the problem we have. He may use our DMI to expose our attitudes. He may use the Word of God. He may use others in the Body of Christ who are honest enough to tell us what they see in us. Whatever method the Holy Spirit chooses to use, His aim is to expose our sin to us so we will be freed from its destructiveness. The Holy Spirit, since He dwells within us, quickens the awareness of our sin inside of us; like a light bulb turning on. "It should have been obvious what I was doing, but I couldn't see it until now," many of us say at this point. We call this occurrence "insight."

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**PART OF THE WORK OF THE HOLY SPIRIT IS TO EXPOSE THE PROBLEM WE HAVE. SINCE HE DWELLS WITHIN US, HE QUICKENS THE AWARENESS OF OUR SIN INSIDE OF US; LIKE A LIGHT BULB TURNING ON.**

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**2. CONVICT.** Once we see we have a problem, the Holy Spirit works to convict us that the problem is in our own flesh, not in other people, places or things. Very often we have secretly blamed God for our worst problems. The Holy Spirit will bring our secret thoughts to the surface, so we can recognize our faulty thinking and deal with it accordingly. Again, the Holy Spirit can use whatever methods He chooses to convict us of sin. However, His motive is not to drive us into tile ground and prove to us that we are no good! His motive is to free us from sin's destructive cycles, and to teach us - deeply - who we are in Christ now that we are born of the Spirit. His desire is to gradually renew our innermost thoughts, from self-hatred, shame, and its cover-up, pride, to righteousness, peace and joy in the Holy Spirit. Remember, the kingdom of God is not the outward things of this world. **"The kingdom of God is within you."** (Luke



17:21), and **"..the kingdom of God is not food and drink, but righteousness and peace and joy in the Holy Spirit."** (Rom 14:17). If we are walking in inward righteousness, peace and joy, we will be strengthened to face any outward circumstances. This is the goal of the Holy Spirit's conviction of our inward missing of the mark.

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**THE HOLY SPIRIT WILL BRING OUR SECRET THOUGHTS TO THE SURFACE, SO WE CAN RECOGNIZE OUR FAULTY THINKING AND DEAL WITH IT ACCORDINGLY. HIS DESIRE IS TO FREE US FROM SIN'S DESTRUCTIVE CYCLES.**

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**3. HEAL.** When we cooperate with the exposure and conviction of our sin by the Holy Spirit, the next thing He does is heal us. This healing is an inward healing. He comforts us with the truth, restoring and reconciling us to the Father. He builds us up in faith to replace the fears we were believing. As we see and admit our BUD attitudes to the Lord, the Holy Spirit reveals the grace of God in Christ to forgive us. He strengthens us with His might in our inner man, turning our attitudes around. After this process is completed in a particular BUD episode, we come out loving others with His love. We emerge not just victorious, but overflowing with God's love to minister to others!



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WHEN WE COOPERATE WITH THE EXPOSURE AND CONVICTION OF OUR SIN BY THE HOLY SPIRIT, THE NEXT THING HE DOES IS HEAL US. THIS HEALING IS AN INWARD HEALING THAT BUILDS FAITH.

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Let's review the three ways the Holy Spirit works in us as we BUD, and line them up against our response to His work.

#### HOLY SPIRIT'S WORK

Expose

Convict

Heal

#### OUR RESPONSE

Confess

Repent

Submit to God

It is important to see that we have the responsibility to respond to the Holy Spirit positively. If we refuse and harden our hearts, He keeps trying to reach us, but we will go deeper into the destructive effects of our sin. In essence, we will "reap what we sow" until we give in to the Lord. **"Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life."** (Gal 6: 7-8). Again, the motive of the Holy Spirit in the "law of reaping and sowing" is not to punish us, but rather to allow our free will to run its course. This is often the only method of exposure we will see. His motivation of love for us never changes. It is only our hardened hearts which project onto the Lord that He is fed up with us, and that we are not good enough for Him. Like the father in the story of the Prodigal Son in Luke 15: 11-32, He is always waiting for His "son to come home." The fact is, no man on earth (no matter how well-behaved he is) measures up to God's standards of righteousness. That is the heart of the Gospel.



## SUMMARY

A BUD consists of negative thoughts and attitudes which build up within us and lead us back to drink or drug for temporary relief. The major time periods for BUD's tend to be 4 - 6 weeks, 4 - 6 months, 11 - 13 months, and 20 - 22 months after sobriety.

It is possible to "BUD-UP" or to "BUD-DOWN." In a "BUD-UP," attitudes will be characterized by over-confidence and self-righteousness, and the tendency to overwork. The "UP" needs to be doing something at all times. In a "BUD-DOWN," attitudes will be characterized by depression and unworthiness, and the tendency to be exhausted, have aches and pains, and excuse oneself from involvement in any unnecessary activities.

If our inner peace is gone, we will benefit by asking God why! We can take our inventory, seek the Lord and the Body of Christ for help, so we can see what is going on inside of us. There is plenty of strength in Christ to overcome a BUD. We shouldn't delay. The more time a BUD is given to develop, the harder it is for the one on the BUD to "humble down" without first having to go all the way back down to the bottom.

God knows about BUD's! He is always at work in us, to keep us abiding in Him. When we abide in Him, we are living in the kingdom of God, which is within us, and consists of righteousness, peace and joy! When we abide in Him, we bear much fruit; we do the works that He has prepared for us to do. This is a life that is not just lived on the defense of a BUD, but on the offense, to give God's love to others who need it. We have the security and significance in life that Christ died to give us!



## MAKE YOUR OWN BUD CHART

In this exercise, use the characteristics of the Fantasy and Underworld BUDs listed below to identify and chart your own BUD patterns. Check each of the characteristics below that are part of your BUD cycle. The definitions for each of these are found on pages 6-9 of this manual. If there are characteristics of your BUD cycle that are not listed below, add them to the end of the list, with a short definition.

Once you have identified the traits of your BUD cycle, draw them onto the chart on the next page. Then, underneath the BUD chart, write down the steps you will take when you begin to see yourself falling into your own BUD pattern. Be as specific as you can.

Finally, find another person to share your BUD chart with. Ask this person to hold you accountable and help you work through your BUD. Then post your BUD chart in a conspicuous area.

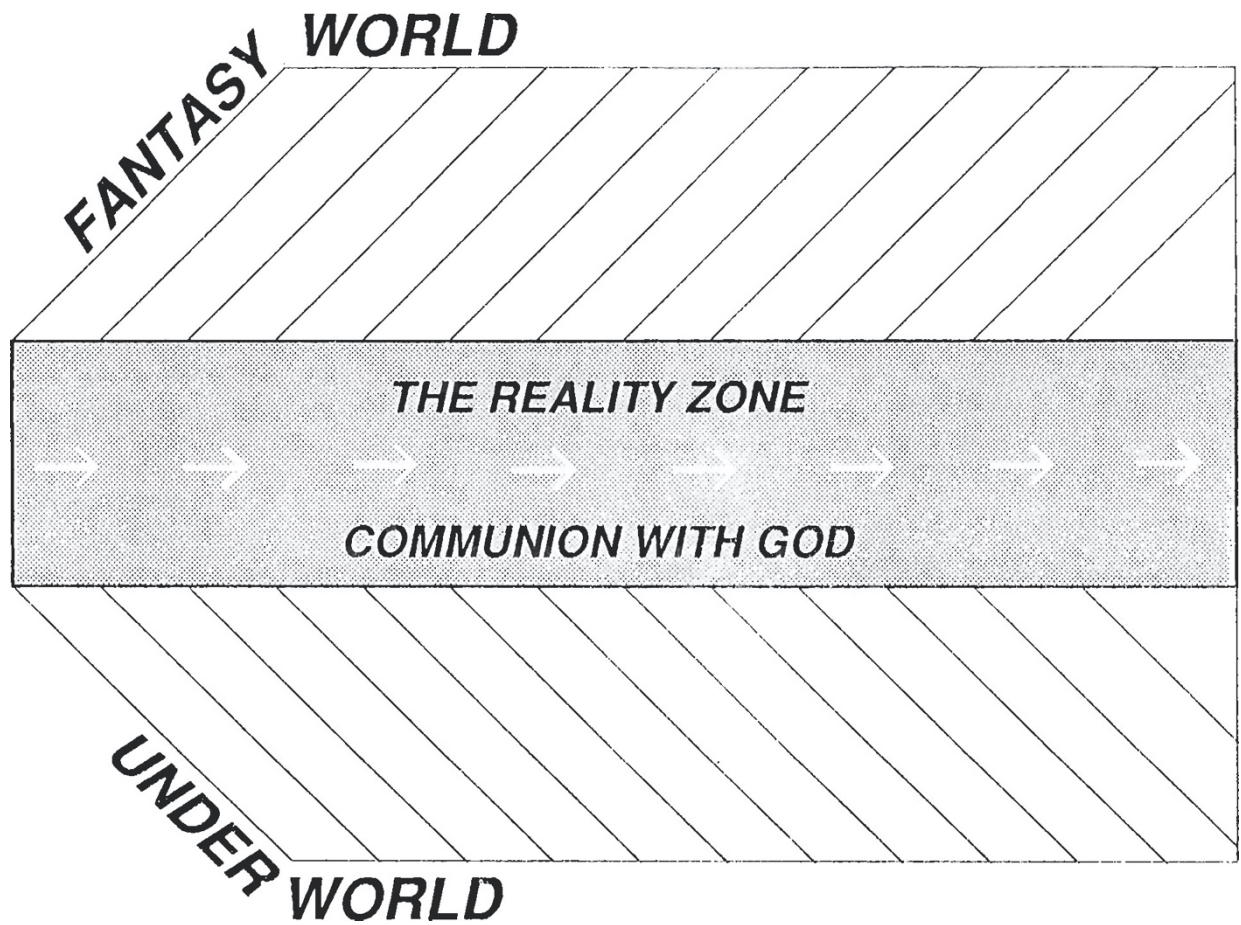
CHARACTERISTICS OF THE FANTASY WORLD	CHARACTERISTICS OF THE UNDERWORLD BUD
<input type="checkbox"/> DENIAL	<input type="checkbox"/> SELF-PITY
<input type="checkbox"/> PROJECTION	<input type="checkbox"/> SELF-CONDEMNATION
<input type="checkbox"/> RATIONALIZATION	<input type="checkbox"/> FALSE GUILT
<input type="checkbox"/> JUSTIFICATION	<input type="checkbox"/> ANXIETY
<input type="checkbox"/> SELF-RIGHTEOUSNESS	<input type="checkbox"/> LOW SELF-ESTEEM
<input type="checkbox"/> OVER-CONFIDENCE	<input type="checkbox"/> UNWORTHINESS
<input type="checkbox"/> HOSTILITY	<input type="checkbox"/> ISOLATION
<input type="checkbox"/> FORGETTING GOD	<input type="checkbox"/> REMORSEFULNESS
<input type="checkbox"/> IRRITABILITY	<input type="checkbox"/> DEPRESSION
<input type="checkbox"/> OVER-ACTIVITY	<input type="checkbox"/> EXHAUSTION
<input type="checkbox"/> IMPATIENCE	<input type="checkbox"/> HOPELESSNESS
<input type="checkbox"/> REBELLION	<input type="checkbox"/> FORGETTING GOD
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>





## MY BUD CHART

NAME \_\_\_\_\_



WHAT TO DO WHEN I AM ON A BUD:





## GLOSSARY OF TERMS

The following is a list of terms which may need some clarification:

**DMI:** "Daily Moral Inventory" a term used for an attitude checklist developed by Dunklin Memorial Camp. The DMI is designed to aid anyone seeking to become more aware of his or her own attitudes and thoughts. This will help us to become more responsible to God, who desires to cleanse and renew our minds. See the lesson "Quiet Time" for further information.

**Intoxication:** this term is commonly used to mean "drunk." However, it medically means a poisoning has occurred in the body, bringing about certain physical effects. When alcohol or drugs are admitted into the body, the body reacts to them just as it does to poison; it begins work immediately to cleanse these chemicals from its system. It fights against them as toxins in the system.

**mental contamination:** a term frequently used throughout the lessons which signifies the damage done to our minds in addiction. This includes the impurities of our thoughts, and the damaged brain cells from a chemical viewpoint, but especially refers to the pollution that we call denial and projection. This frame of mind has become a habit, and even a stronghold, which keeps us from seeing the positive traits of God, self, and others. It is backwards thinking and is much harder to change than any other aspect of addiction. As spoken in Isaiah 55:8-9 (NIV), **"My thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."**

**poison:** a substance that causes illness or death when eaten, drunk, or absorbed even in relatively small quantities, also that inhibits or destroys the activity of a catalyst, enzyme, etc., or that interferes with or checks a reaction.

**stinking thinking:** this is an informal term used to simplify the term mental contamination. It is used with the intent to encourage us to accept our condition with some humor and grace.



## BUD TEST QUESTIONS

1. Define the term "dry-drunk."
2. The BUD Syndrome begins with our \_\_\_\_\_.
3. What happens to our thinking and feelings while we are on a BUD?
4. List the 4 major BUD times that recovering addicts experience.
5. Name the 2 basic types of BUD, and describe each one briefly.
6. List at least 3 characteristics of each of the 2 BUD types.
7. Name the 3 safeguards that God has provided for us to overcome a BUD.
8. Prayer is the process of allowing God to \_\_\_\_\_ our minds.
9. Explain why a "Lone Ranger" mentality is so dangerous while on a BUD.
10. The longer we are on a BUD, the \_\_\_\_\_ it is to overcome.
11. The Holy Spirit will do three things to help us overcome a BUD. Name each of them.
12. Name the three ways that we can respond to the Holy Spirit as He works in us when we BUD.